



## 3b. Flashcards Activity Instructor's Guide

---



### Set-up

- Make copies of “Shopping Cart Flashcards Activity” for each trainee
- Secure copies of current WIC Approved Foods List for each trainee
- Have food flashcards (from 2b training activity) ready
- Identify groups of flashcards that relate to items presented on each sample check
  - Recommendation: Have at least two products that are either not approved foods or are not authorized by sample check

### During the Activity

- Explain that the following exercise will help them learn how to evaluate items presented with WIC check
- Hand out worksheet and WIC Approved Foods List to each trainee
- Read directions and answer questions
- Present first grouping of food flashcards for sample WIC check #1
- Give trainees time to finish evaluation of items
- Discuss results and answer questions
- Repeat with sample checks #2 and #3

### After the Activity

- Review common mistakes and challenges when evaluating foods presented in WIC shopping cart:
  - Approved foods
  - Total amounts of cereal
  - Amount on fruit and vegetable check
- Ask for questions about reviewing items presented in WIC shopping cart